

IS IT WHOLE GRAIN-RICH?



Use the following checklist to determine if a grain is whole grain-rich.
Whole grain-rich grains must meet at least **one** of the following criteria.

① THE FOOD IS A WIC WHOLE GRAIN FOOD

Any product found on any state's WIC whole grain food list meets the CACFP whole grain-rich criteria.

- ✓ Michigan WIC Food Guide www.michigan.gov/WIC
- ✓ Illinois WIC Food Guide www.dhs.state.il.us/page.aspx?item=69545

② THE FOOD IS LABELED AS ONE OF THE FOLLOWING PRODUCTS

Many different bread products and pasta products meet this criteria. See below for examples.

Bread Products

- ✓ "Whole wheat bread"
- ✓ "Entire wheat bread"
- ✓ "Graham bread"
- ✓ "Whole wheat rolls"
- ✓ "Entire wheat rolls"

Bread Products Cont.

- ✓ "Graham rolls"
- ✓ "Whole wheat buns"
- ✓ "Entire wheat buns"
- ✓ "Graham buns"

Pasta Products

- ✓ "Whole wheat macaroni product"
- ✓ "Whole wheat macaroni"
- ✓ "Whole wheat spaghetti"
- ✓ "Whole wheat vermicelli"

③ WHOLE GRAIN CLAIMS

Alternatively, the product is whole grain-rich if it has one of these health claims on its packaging.

- ✓ "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."
- ✓ "Diets rich in whole grain foods and other plant foods and low in saturated fat and cholesterol may help reduce the risk of heart disease."

④ THE FOOD MEETS THE RULE OF THREE

Grain products that meet the "Rule of Three" meet the whole grain-rich criteria. Products like crackers, tortillas, bagels, biscuits, must be evaluated this way. Breakfast cereals fortified with vitamins and minerals do not need to meet the rule of three.

- ✓ A whole grain is the **first grain ingredient** on the ingredients list.

AND

- ✓ The **next two grain ingredients** (if any) are whole grains, enriched grains, bran or germ. You may ignore grain byproducts (such as gluten, dextrin, starches). Non-creditable grains (such as unenriched flour) may be ignored if they are 2% or less of the product.

⑤ ADDITIONAL DOCUMENTATION

Grain products with documentation that shows whole grains are the primary ingredient are whole grain-rich.

- ✓ A product formulation statement from the manufacturer **OR**
- ✓ A Child Nutrition (CN) label **OR**
- ✓ A standardized recipe

Reading Ingredients for the Rule of Three

WHOLE GRAINS
Whole grain-rich products should have a whole grain as the first ingredient.
Amaranth: Amaranth, Amaranth flour
Brown rice
Buckwheat: Buckwheat, Buckwheat flour, Buckwheat groats, Sprouted buckwheat
Millet: Millet, Millet flour
Oats: Oats, Oat groats, Old fashioned oats, Quick cooking oats, Instant oatmeal, Whole grain oat flour, Steel cut oats
Quinoa
Sorghum: Sorghum, Sorghum flour
Teff: Teff, Teff flour
Triticale: Triticale, Triticale flour
Whole grain corn: Whole corn, Whole grain corn, Whole grain corn flour
Whole grain einkorn: Whole grain einkorn flour, Sprouted einkorn, Whole einkorn berries
Whole grain rye: Rye groats, Sprouted whole rye, Whole rye flour
Whole grain spelt: Whole grain spelt flour, Sprouted spelt, Spelt berries
Whole grain wheat: Whole wheat flour, Wheat berries, Wheat groats, Sprouted whole wheat Bulgur, Cracked wheat, Whole grain wheat flakes, Whole durum flour, Graham flour
Wild rice

BRANS & GERMS	ENRICHED GRAINS
May be the 2nd or 3rd grain ingredient in a whole grain-rich food.	
Corn bran	Enriched bromated flour
Oat bran	Enriched corn flour
Rice bran	Enriched durum wheat flour or flour
Rye bran	Enriched rice or rice flour
Wheat bran	Enriched rye flour
Wheat germ	Enriched wheat flour or white flour

DISREGARDED INGREDIENTS
May be ignored when following the <i>Rule of Three</i> .
Any ingredients that make up 2% or less of the product.
Any grain derivatives or by-products such as wheat gluten, wheat starch, wheat dextrin, corn starch, corn dextrin, rice starch, tapioca starch, or modified food starch.

NON-CREDITABLE GRAINS OR FLOURS	
These ingredients cannot be the first 3 ingredients when following the <i>Rule of Three</i> for whole grain-rich foods. The <u>product</u> may still be creditable even if it not whole grain-rich.	
Any bean flour	Malted barley flour
Any nut flour	Oat flour
Barley malt	Potato flour
Bromated flour	Rice flour
Corn	Semolina
Corn fiber	Wheat flour
Degerminated corn meal	White flour
Durum flour	Yellow corn flour
Farina	Yellow corn meal

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